



CALABOGIE ONLINE PILATES & MORE WINTER SESSION

*Classes By Susan Veale - Wellness Natural Health Centre
Certified Pilates Instructor - Certified Senior Fitness Instructor - Heart Wise Training*

WHAT'S OFFERED and WHAT'S NEW

1. Back Fitness and Stretch (weekly) – targeting the soft tissues that act on spinal mobility with gentle mindful stretches using the breath as the focus. Foam Roller and yoga block is required.
2. Beginners Pilates (weekly) – introducing Pilates to those who are lacking core strength and movement challenges. Nothing needed but a mat or soft floor space.
3. Mat Pilates (once or twice/week) – for seasoned Pilates participants or those who have a good level of fitness and mobility. Hand weights and yoga block required.
4. Pilates with Bands, Balls and Roller (weekly) – **NEW !!!** for those with a great level of fitness and Pilates experience. Each class will rotate through challenges with resistance bands, large and small balls and the foam roller. Bands, large ball and roller required; small balls can be picked up for loan.

Classes Start January 10th, 2022
Early Registration Discount Ends December 30th, 2021
Register Online www.wellnessnaturalhealthcentre.com

Call: 613-752-1540

